> ✅ **Note**
>
> If the source Calc or Microsoft Excel spreadsheet contains no range names or database ranges, then you cannot use that document as the source file in the External Data dialog.

8) For all external data source file types, you can also specify that the data is refreshed at a specific frequency, defined in seconds.

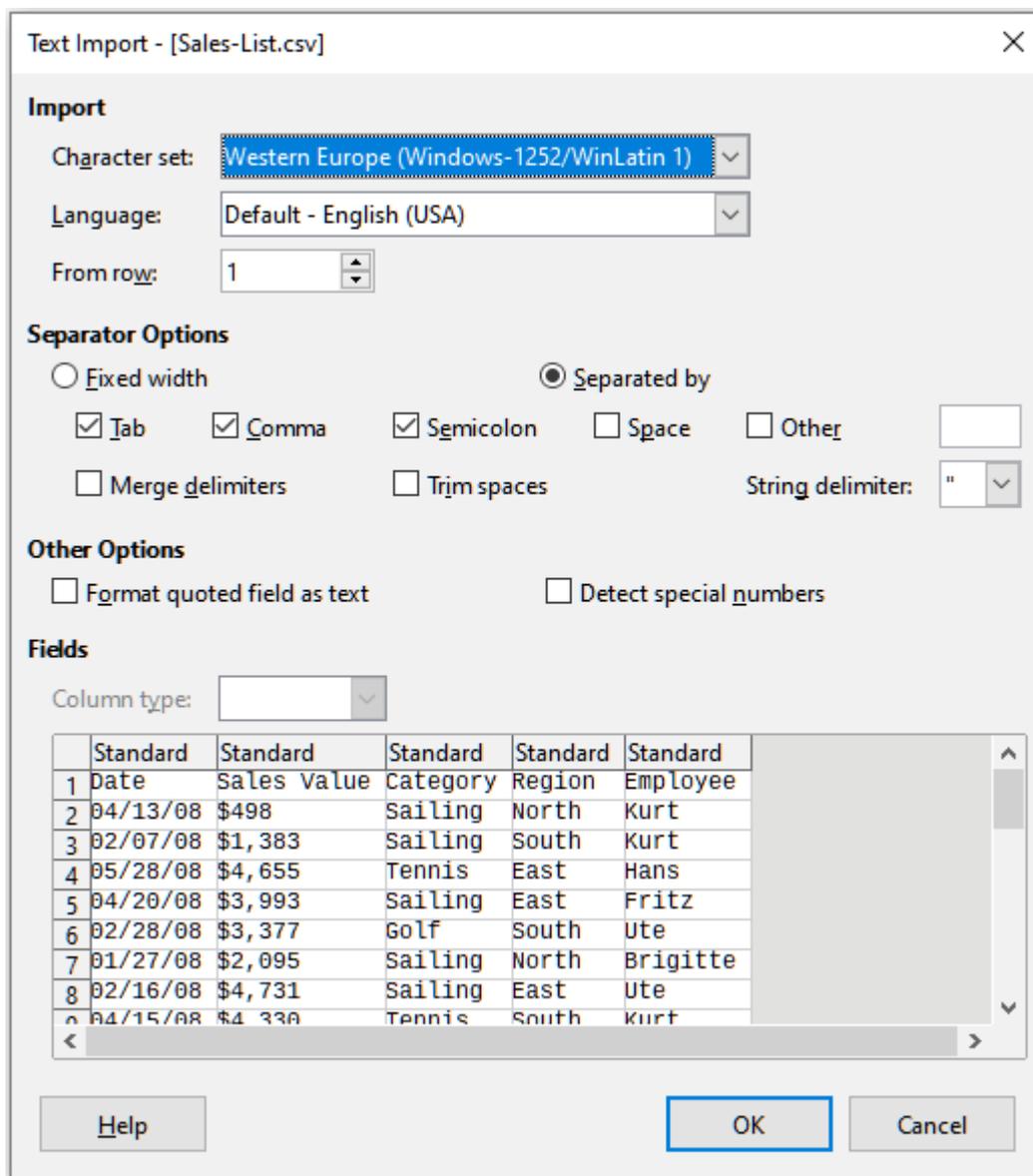9) Click **OK** to close the External Data dialog and insert the linked data.

Figure 386: Text import dialog

Calc adds the new entry to the *Linked areas* list in the Navigator (Figure 387). If you double-click this entry, Calc highlights the linked data within the sheet. When you hover the cursor over the entry, a tooltip indicates the file location of the linked data.